

2020 PA YMCA WEST DISTRICT CHAMPIONSHIPS

MEET ANNOUNCEMENT



About the Championship

Date: March 6-7, 2020

Location: Spire Institute Aquatic Center

Entry Deadline: 12 Noon - Monday, March 2, 2020

Hosted by: Western Pennsylvania YMCA Swim League

Meet Director: Anita M. Murphy 2020westdistricts@gmail.com

Web Site: www.wpysl.com

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ABOUT THE CHAMPIONSHIP

This meet is a sanctioned, closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by the Lake Erie LSC of USA Swimming.

YMCA Sanction number: CAQ-2020-PA01146180

USA-S/LE Approval number: LE 20068 SA

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: The Championship Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Championship and USA-S Approved meet can be changed.

MEET TIMELINE: Warm-up and start times for all sessions are subject to change depending on the size of the meet. **Note the schedule has changed from previous years and the championships will encompass 1.5 days of competition. All age groups will swim Saturday, March 7, 2020.**

SESSION INFO			WARM-UPS	MEET START
1	Pool 1-Deep	Friday PM Distance	6:30 pm	7:00 pm
2	Pool 1-Deep	Saturday AM, 13-14	7:00 am	8:30 am
3	Pool 2-Shallow	Saturday AM, 10 & Under	7:00 am	8:30 am
4	Pool 1-Deep	Saturday PM, 15 & Over	1:30 pm	3:00 pm
5	Pool 2-Shallow	Saturday PM, 11-12	1:30 pm	3:00 pm

INCLEMENT WEATHER/CANCELATION: A meet jury will convene to decide a course of action. Teams will be notified via email and information will be posted on the WPYSL website.

LOCATION AND FACILITY

Location: SPIRE Institute Aquatic Center
5201 Spire Circle
Geneva, OH 44041

Phone Number: 440-466-1002



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The SPIRE Institute is configured as two, 10 lane, 25-yard, short course competition pools divided by two moveable bulkheads. Competition will take place in both pools concurrently.

- Pool 1 "DEEP" (start end is closest to the control room):
Water depth at the start is 14 feet (minimum 5 feet required) and at turn end is 14 feet.
- Pool 2 "SHALLOW" (start end is under the scoreboard):
Water depth at the start is 8'2" (minimum 5 feet required) and at turn end is 8'2".
- Colorado electronic timing system and scoreboard will be used.
- The competition course has been certified in accordance with 104.2.2C (4).
- An adjacent 25-yard pool is available for continuous warm-up and warm-down throughout the competition.
- Wedges will be available on the starting blocks for all age groups and all sessions.
- Backstroke ledges will be available for Sessions 2 & 4 (age 13 & over only).
- Male and Female locker rooms are located off the pool deck but are not accessible to parents at any point during the competition.
- The permanent seating capacity for spectators is 1,200, with an additional 1,000+ temporary seating capacity. In addition, there is handicapped seating and elevator access to the spectator stands.
- Team areas for swimmer seating are on deck.

WEB SITE

Meet Information can be found on the [WPYSL](#) and [PA YMCA Regional Swimming Websites](#)

CONTACT INFORMATION

Meet Director: Anita M. Murphy 2020westdistricts@gmail.com (724) 714-2765

Entry Chairperson: Jennifer Lewis 2020westdistricts@gmail.com (724) 322-7903

Meet Referee: Dr. Thomas Hoffman Drtlh61@gmail.com (814) 761-1835

Administrative Official: Kristen Hoffman Drtlh74@gmail.com (814) 761-1836

Officials Coordinator: Dr. Thomas Hoffman Drtlh61@gmail.com (814) 761-1835

Safety Director: Joshua Ptak SPIRE Aquatics Facility Director

ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented that YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.



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Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Athletes: There is no unattached status in YMCA Swimming.

Age: An athlete may not be older than twenty one (21) years of age on the first day of the meet. Athletes must swim in their age group as of 12/1/2019. A swimmer may not swim-up for individual or relay events.

YMCA Meet Participation: In order to be eligible to compete, each athlete must have competed in a minimum of three (3) closed YMCA inter-association meets since September 1, 2019.

Times: An athlete must achieve the minimum qualifying time standard for each event in which he/she enters during the period of September 1, 2019 and the meet entry deadline of March 2, 2020.

Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

COACH

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential:

- Safety Training for Swim Coaches
- Basic Life Support (Professional Rescuer CPR)
- First Aid
- Principles of YMCA Competitive Swimming and Diving
- Child/Athlete Protection Training

A list of the acceptable certifications can be found in the CERTIFICATION REQUIREMENTS FOR SWIM COACHES or SWIMMING ADDENDUM TO THE RULES THAT GOVERN YMCA COMPETITIVE SPORTS

Additional Certifications required by the State of Ohio: Coaches must provide documentation they have also completed the following training requirements:

- Sudden Cardiac Arrest (Lindsay's Law)
- Concussion and Head Injury Education



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SUDDEN CARDIAC ARREST / LINDSAY'S LAW: Coaches must complete SCA training annually at <https://odh.ohio.gov/wps/portal/gov/odh/know-our-programs/Lindsays-Law>

1. View the [video](#)
2. Read the [Required SCA Informational Handout](#)
3. Complete the [Required Signature Form](#)
4. Completed signature forms should be emailed to 2020westdistricts@gmail.com or you must provide your signed form during Coach registrations to be issued deck credentials.

CONCUSSION AWARENESS / RETURN TO PLAY LAW: Under the Ohio Return to Play Law governing concussions, all coaches and officials are required to have proof of training in concussion signs and symptoms prior to receiving deck credentials. This training is available for free and can be found at [National Federation of State High School Associations \(NFHS\) Concussion in Sports](#) or [Centers for Disease Control and Prevention \(CDC\) HEADS UP to Youth Sports: Online Training](#). All coaches and officials must complete this training. It is your responsibility to take care of this requirement.

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process prior to the entry deadline. Coaches who are not registered and approved will not be permitted on deck. Also, all coaches must show proof of the additional trainings required by the State of Ohio, or they will NOT be permitted on the pool deck at SPIRE. There are no exceptions.

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

TEAM

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee prior to the entry deadline.

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.

ENTRY INFORMATION

ENTRY LIMITS: Swimmers are restricted to a maximum of 4 events (max 3 individual events). Friday night distance events count towards the total. Relays are limited to one (1) relay team per event per association.



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QUALIFICATION PERIOD: The qualification period is September 1, 2019 through the entry deadline.

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File.

TIME STANDARDS: Swimmers/Relays must have equaled or bettered the minimum time standard documented in Appendix 2.

TIMES: No Time Entries (NT) are not allowed. Submit entry times in SCY. Entered times must be the swimmer's BEST time achieved during the qualifying period.

ENTRY FEES: \$6.00 per individual event, \$24.00 per relay. There will be a \$5.00 surcharge per athlete (including relay alternates).

OTHER: Customized apparel will be available to order online in advance and purchase on site.

ENTRY DEADLINE: Entries must be received by 12:00 PM on MONDAY, MARCH 2nd, 2020

ENTRY PROCEDURE: Entries shall be submitted using Hy-Tek or Team Unify Software. Entry file should be emailed to: 2020westdistricts@gmail.com.

PAYMENT: Please bring your team check payable to "WPYSL" to Coach registration at SPIRE. DO NOT MAIL ENTRY PAYMENTS, all payments must be received prior to meet start.

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: All teams are asked to provide volunteer timers and officials for each session. Timing assignments required for WPYSL teams will be distributed by the volunteer coordinator and based upon swimmers per team per session. Numerous Level I and Level II YMCA certified Officials will be needed. Please encourage volunteers from your team to assist with the staffing needed for concurrent pool sessions.

SIGN-UP PROCEDURE: Teams should direct all interested volunteers to utilize the online West Districts Sign-Up Genius form located at: <https://www.signupgenius.com/go/20f0844a4a62aabf94-20201>.

OFFICIALS CERTIFICATION: Officials working meets held in the state of Ohio are required to complete a Concussion Training course. Officials will need to present their printed YMCA Swim Officials Certification with expiration date AND their concussion training certificate to receive deck credentials. Refer to the links listed for Coaches for course information.

OFFICIALS ATTIRE: While on deck, Officials shall adhere to the YMCA Swim Officials uniform standards consisting of a solid white, short sleeve, collared shirt with dark navy pants, shorts, capris, or skorts. Blue jeans are not allowed. Footwear should be predominantly white.

ATHLETE PROTECTION (MAAPP) POLICY: All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP policy is a condition of participation in the conduct of this competition.



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CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: All Coaches, Officials, timers and meet staff must sign in at the registration table in the front lobby.

COACHES must present photo ID, pay team entry fees, and provide documentation of the Ohio Concussion and SCA training requirements prior to receiving credentials allowing access to the pool deck. Credentials must be visibly displayed at all times on deck.

OFFICIALS must present photo ID, their YMCA Swim Officials Certification with expiration date AND concussion training certificate to receive deck credentials.

TIMERS and all other approved deck volunteers must present photo ID to receive credentials.

SWIMMERS: Athlete credentials will be shipped Monday March 2nd to your respective YMCA. Coaches should distribute the correct session credential to each swimmer prior to their arrival at the meet. Swimmer badges will be color coded by session. Swimmers **MUST** show credentials to safety personnel when entering the Natatorium and should walk directly into the locker rooms. Anyone without the current session badge will not be permitted on deck.

Please encourage swimmers to keep track of their credentials. If lost, swimmers should visit the assistance table next to registration located in the front entrance of the building

Teams are reminded to complete the Entry Recap form [Appendix 4] specifying number of swimmers entered by age group and preferred mailing address for receipt of swimmer credentials. Recap forms must be received by 12 noon, Monday, March 2nd, 2020.

EVENT CHECK-IN: Swimmer staging will be done on the pool deck for swimmers ages 12 & under competing in Pool 2. There will be no formal seeding for Pool 1, 13 & over competitors.

COACHES MEETING/SCRATCH MEETING: A coaches/scratch meeting will be held in the Hospitality room prior to each session for the purpose of explaining the meet operation, to declare event scratches, to correct possible errors, and to work out any problems that may arise. Attendance by at least one coach from each team is mandatory.

OFFICIALS AND TIMERS MEETING: The officials meeting will take place approximately 1 hour before the start of each session. Additionally, all timers will meet approximately 45 minutes prior to the start of each session. Actual meeting times and locations will be posted in the Meet Schedule of Events and distributed to all participating teams when finalized.

CHAMPIONSHIP PROCEDURES AND OPERATIONS

CHAMPIONSHIP COMMITTEE: The Committee will consist of the Meet Director, Meet Referee, Regional Rep, if attending, a coach, and a senior swimmer if appropriate. This committee will arbitrate protests, eligibility issues, safety rules, and other issues except the swimming technical rules covered by the responsibilities of the Deck Referee.



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RULES: The meet will run under Rules That Govern YMCA Competitive Sports, Swimming Addendum to the Rules That Govern YMCA Competitive Sports, and USA-S Technical Rules.

MEET FORMAT: The meet will be swum using a Timed finals format. Swimmer's age will be determined as of December 1, 2019.

EVENT SEEDING: Events will be seeded Slowest to Fastest. The Meet Referee/Administrative Official reserve the right to combine heats.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.

DECLARED FALSE START: An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a "no show") shall not compete in any further individual or relay events unless the athlete and/or coach declares an intent to swim to the Administrative Referee prior to the next scheduled event for the athlete.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups. During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

STARTS: 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

SWIM-OFFS: In the event a swim-off is necessary, the meet referee will set a time for the swim-off which will not be any later than 45 minutes after the last heat of any event in which any of the swimmers in the swim-off is competing. (USA Swimming Rule 102.5.2)

SWIMS (USA-S): This meet has been approved by USA Swimming. Therefore, all individual times will be automatically submitted for entry into SWIMS as long as USA-S ID numbers have been included with your entry.

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted on pool deck as well as outside of spectator seating.



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PROTEST PROCEDURE: Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The Championship Committee will arbitrate protests, eligibility issues, safety rules and other issues.

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final USA-S Rule 102.23).

CONDUCT AND RESTRICTIONS: The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct

- Deck access is limited to only registered and approved coaches, swimmers, and working officials who are in possession of approved and current meet credentials. Swimmers are only permitted deck access for the sessions in which they are competing. All other individuals will be prevented from entering the deck area.
- Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: "Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Glass and food are not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the block during competition.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Swimmers are not permitted in the spectator stands.
- Shaving is not permitted in any area of the facility.

AWARDS AND RECOGNITION

SCORING:

Individual Events: 16-13-12-11-10-9-7-5-4-3-2-1

Relays: 32-26-24-22-20-18-14-10-8-6-4-2

AWARDS: Awards will be presented to the top 12 finishers in all individual and relay events.
Medals 1-6, Ribbons 7-12

Plaques will be presented to the first and second place team for each age group and gender.



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Team banners shall be given to the top three men's and women's teams according to cumulative point totals. An overall West District Champion banner shall be awarded to the team with the highest combined team score (men and women).

RECOGNITIONS: All graduating Seniors are invited to apply for The Pump McLaughlin Spirit Award and Scholarship. Details will be sent to all West District teams for distribution. Essays should be emailed to 2020westdistricts@gmail.com by **February 23rd, 2020**.

SPECTATORS

ADMISSION FEE: \$2.00 Friday Distance, \$5.00 per Saturday session.

Saturday session tickets are available for advance purchase at <https://wpysl.ticketleap.com/pa-ymca-2020-west-districts/>. There is a small processing fee for Ticketleap purchases. Spectators purchasing online tickets need to present their phone or printed ticket to receive their admission wristband. No admission fees will be charged for children under the age of 3.

HEAT SHEETS/PROGRAMS: Heat Sheets will be available for purchase on site.

Friday Distance - \$2. Saturday AM and Saturday PM - \$5 each.

CONCESSION STAND: SPIRE Fuel is located on site and is a full cafeteria eatery. Spire does not allow outside food or beverage to be brought into the facility.

DISTRICT APPAREL: Fine Designs, Inc. will be on site for custom made apparel and gear. Event apparel is also available through the 2020 West District Online Store.

SEAT SAVING POLICY: Seat saving is not permitted. We also request your cooperation in clearing the spectator seating area between sessions. Spectators will be asked to immediately exit the spectator area at the conclusion of the final morning session awards ceremony. All spectators must exit even if returning for the afternoon session. Please take all of your personal belongings with you.

HANDICAP SEATING: Handicapped seating and elevator access is available.

CONDUCT AND RESCTRICTIONS:

- No flash photography at the start of competition races.
- No personal chairs are allowed in the spectator area
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Spectators are not permitted on deck.
- No smoking, drugs, or alcohol are permitted in the swimming complex.
- Locker rooms are not accessible to parents during the meet. Parents who wish to accompany their children to the locker rooms should utilize the restrooms in the lobby.
- No coolers will be permitted in the facility.



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LIABILITY, SAFETY AND EMERGENCY PROCEDURES

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. The Declaration Form must be signed by each YMCA participating in the meet [Appendix 3].

LIABILITY LIMITS:

- In granting of the USA-S/LE approval, it is understood and agreed that USA Swimming and Lake Erie Swimming shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
- It is further understood that the SPIRE Institute, the New Castle Community YMCA and the Western PA YMCA Swim league shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

EMERGENCIES: The facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site. Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.



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3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

DRONES: Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

EVACUATION PROCEDURE: In the case of an emergency, swimmers will be directed to the internal south building hallway adjacent to the locker rooms or evacuated in accordance with the facility emergency action plan. Spectators will also be evacuated in accordance with the facility emergency action plan. Two emergency phones are available on deck on the south and east walls.

DIRECTIONS

From Cleveland: Go East on I-90. Exit off the Geneva Exit (exit #218 on Rt. 534). Take a left at the light heading north. SPIRE entrance will be on your right.

From Erie: Go West on I-90. Exit off the Geneva Exit (exit #218 on Rt. 534). Take a right off the exit heading north. SPIRE entrance will be on your right.

From Pittsburgh: Take PA Turnpike to OH Turnpike. Take first exit marked 680 towards Youngstown. The road will take you around Youngstown and then exit 680 onto Route 711 at exit 3a. Route 711 then turns into Route 11. Stay on Route 11 about 40 miles until you hit I-90 and take that west for two exits to the Geneva Exit (exit #218 on Rt. 534). Take a right off the exit heading north. SPIRE entrance will be on your right.

LODGING

Hotel information is available at: http://www.spireinstitute.org/travel/visitor_hotels

PARKING

There will be a designated parking area adjacent to the Aquatic and Fitness building. Swimmer drop-off is on the south entrance of the Aquatic Center, denoted by signage. Please do not park in front of the building unless you have a handicapped designation sticker for that reserved space; handicap parking is located next to the swimmer drop-off entrance. There is no charge for parking.



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APPENDIX 1: ORDER OF EVENTS

March 6 - FRIDAY PM - Distance Session 1

POOL 1(Deep): 13-14 / 15 & Over

- | | |
|---|--|
| 101 | Girls 13-14 400 Yard Individual Medley |
| 102 | Boys 13-14 400 Yard Individual Medley |
| 103 | Girls 13-14 500 Yard Freestyle |
| 104 | Boys 13-14 500 Yard Freestyle |
| AWARDS 400 IM - 500 Free (13-14) | |
| 105 | Girls 15 & Over 400 Yard Individual Medley |
| 106 | Boys 15 & Over 400 Yard Individual Medley |
| 107 | Girls 15 & Over 500 Yard Freestyle |
| 108 | Boys 15 & Over 500 Yard Freestyle |
| AWARDS 400 IM - 500 Free (15 & Over) | |

March 7 - SATURDAY AM - Sessions 2 & 3

POOL 1(Deep): 13-14

POOL 2(Shallow): 10 & Under

- | | | | |
|---|---------------------------------|--|--------------------------------------|
| 201 | Girls 13-14 200 Medley Relay | 401 | Girls 10 & Under 200 Medley Relay |
| 202 | Boys 13-14 200 Medley Relay | 402 | Boys 10 & Under 200 Medley Relay |
| 203 | Girls 13-14 200 Freestyle | 403 | Girls 10 & Under 200 Freestyle |
| 204 | Boys 13-14 200 Freestyle | 404 | Boys 10 & Under 200 Freestyle |
| AWARDS (200 Yard Medley Relay) | | AWARDS (200 Yard Medley Relay) | |
| 205 | Girls 13-14 50 Freestyle | 405 | Girls 10 & Under 50 Freestyle |
| 206 | Boys 13-14 50 Freestyle | 406 | Boys 10 & Under 50 Freestyle |
| 207 | Girls 13-14 100 Backstroke | 407 | Girls 10 & Under 50 Backstroke |
| 208 | Boys 13-14 100 Backstroke | 408 | Boys 10 & Under 50 Backstroke |
| AWARDS (200 Free - 50 Free) | | AWARDS (200 Free - 50 Free) | |
| 209 | Girls 13-14 100 Breaststroke | 409 | Girls 10 & Under 50 Breaststroke |
| 210 | Boys 13-14 100 Breaststroke | 410 | Boys 10 & Under 50 Breaststroke |
| 211 | Girls 13-14 200 Butterfly | 411 | Girls 10 & Under 100 Butterfly |
| 212 | Boys 13-14 200 Butterfly | 412 | Boys 10 & Under 100 Butterfly |
| AWARDS (100 Back - 100 Breast) | | AWARDS (50 Back - 50 Breast) | |
| 213 | Girls 13-14 100 Freestyle | 413 | Girls 10 & Under 100 Freestyle |
| 214 | Boys 13-14 100 Freestyle | 414 | Boys 10 & Under 100 Freestyle |
| 215 | Girls 13-14 200 Backstroke | 415 | Girls 10 & Under 100 Backstroke |
| 216 | Boys 13-14 200 Backstroke | 416 | Boys 10 & Under 100 Backstroke |
| AWARDS (200 Fly - 100 Free) | | AWARDS (100 Fly - 100 Free) | |
| 217 | Girls 13-14 200 Breaststroke | 417 | Girls 10 & Under 100 Breaststroke |
| 218 | Boys 13-14 200 Breaststroke | 418 | Boys 10 & Under 100 Breaststroke |
| 219 | Girls 13-14 100 Butterfly | 419 | Girls 10 & Under 50 Butterfly |
| 220 | Boys 13-14 100 Butterfly | 420 | Boys 10 & Under 50 Butterfly |
| AWARDS (200 Back - 200 Breast) | | AWARDS (100 Back - 100 Breast) | |
| 221 | Girls 13-14 200 IM | 421 | Girls 10 & Under 100 IM |
| 222 | Boys 13-14 200 IM | 422 | Boys 10 & Under 100 IM |
| 223 | Girls 13-14 200 Freestyle Relay | 423 | Girls 10 & Under 200 Freestyle Relay |
| 224 | Boys 13-14 200 Freestyle Relay | 424 | Boys 10 & Under 200 Freestyle Relay |
| AWARDS (100 Fly - 200 IM - 200 Free Relay) | | AWARDS (50 Fly - 100 IM - 200 Free Relay) | |



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March 7 - SATURDAY PM - Sessions 4 & 5

POOL 1(Deep): 15 & Over

POOL 2(Shallow): 11-12

301 Girls 15 & Over 200 Medley Relay
302 Boys 15 & Over 200 Medley Relay
303 Girls 15 & Over 200 Freestyle
304 Boys 15 & Over 200 Freestyle
AWARDS (200 Yard Medley Relay)
305 Girls 15 & Over 50 Freestyle
306 Boys 15 & Over 50 Freestyle
307 Girls 15 & Over 100 Backstroke
308 Boys 15 & Over 100 Backstroke
AWARDS (200 Free - 50 Free)
309 Girls 15 & Over 100 Breaststroke
310 Boys 15 & Over 100 Breaststroke
311 Girls 15 & Over 200 Butterfly
312 Boys 15 & Over 200 Butterfly
AWARDS (100 Back - 100 Breast)
313 Girls 15 & Over 100 Freestyle
314 Boys 15 & Over 100 Freestyle
315 Girls 15 & Over 200 Backstroke
316 Boys 15 & Over 200 Backstroke
AWARDS (200 Fly - 100 Free)
317 Girls 15 & Over 200 Breaststroke
318 Boys 15 & Over 200 Breaststroke
319 Girls 15 & Over 100 Butterfly
320 Boys 15 & Over 100 Butterfly
AWARDS (200 Back - 200 Breast)
221 Girls 15 & Over 200 IM
222 Boys 15 & Over 200 IM
223 Girls 15 & Over 400 Freestyle Relay
224 Boys 15 & Over 400 Freestyle Relay
AWARDS (100 Fly - 200 IM - 400 Free Relay)

501 Girls 11-12 200 Medley Relay
502 Boys 11-12 200 Medley Relay
503 Girls 11-12 200 Freestyle
504 Boys 11-12 200 Freestyle
AWARDS (200 Yard Medley Relay)
505 Girls 11-12 50 Freestyle
506 Boys 11-12 50 Freestyle
507 Girls 11-12 50 Backstroke
508 Boys 11-12 50 Backstroke
AWARDS (200 Free - 50 Free)
509 Girls 11-12 50 Breaststroke
510 Boys 11-12 50 Breaststroke
511 Girls 11-12 100 Butterfly
512 Boys 11-12 100 Butterfly
AWARDS (50 Back - 50 Breast)
513 Girls 11-12 100 Freestyle
514 Boys 11-12 100 Freestyle
515 Girls 11-12 100 Backstroke
516 Boys 11-12 100 Backstroke
AWARDS (100 Fly - 100 Free)
517 Girls 11-12 100 Breaststroke
518 Boys 11-12 100 Breaststroke
519 Girls 11-12 50 Butterfly
520 Boys 11-12 50 Butterfly
AWARDS (100 Back - 100 Breast)
521 Girls 11-12 100 IM
522 Boys 11-12 100 IM
523 Girls 11-12 200 Freestyle Relay
524 Boys 11-12 200 Freestyle Relay
AWARDS (50 Fly - 100 IM - 200 Free Relay)



2020 PA YMCA West District Championships March 6-7, 2020

APPENDIX 2: QUALIFYING TIMES

SESSION #1 - Pool 1 Friday PM Distance, March 6, 13 & Over				
GIRLS		Event Description	BOYS	
Event #	Qualifying Time		Qualifying Time	Event #
101	5:43.99	400 Yard Individual Medley (13-14)	5:36.99	102
103	6:10.99	500 Yard Freestyle (13-14)	5:51.99	104
105	5:33.99	400 Yard Individual Medley (15 & over)	5:14.99	106
107	5:55.99	500 Yard Freestyle (15 & over)	5:34.99	108

SESSION #2 - Pool 1 Saturday AM, March 7, 13-14				
GIRLS		Event Description	BOYS	
Event #	Qualifying Time		Qualifying Time	Event #
201	2:20.99	200 Yard Medley Relay	2:19.99	202
203	2:14.99	200 Yard Freestyle	2:12.99	204
205	28.49	50 Yard Freestyle	27.49	206
207	1:11.49	100 Yard Backstroke	1:11.99	208
209	1:21.49	100 Yard Breaststroke	1:18.49	210
211	2:42.99	200 Yard Butterfly	2:36.99	212
213	1:00.99	100 Yard Freestyle	59.99	214
215	2:34.49	200 Yard Backstroke	2:28.99	216
217	2:54.99	200 Yard Breaststroke	2:47.99	218
219	1:12.99	100 Yard Butterfly	1:12.99	220
221	2:37.99	200 Yard Individual Medley	2:39.99	222
223	2:06.49	200 Yard Freestyle Relay	2:02.99	224

SESSION #3 - Pool 2 Saturday AM, March 7, 10 & Under				
GIRLS		Event Description	BOYS	
Event #	Qualifying Time		Qualifying Time	Event #
401	2:44.99	200 Yard Medley Relay	2:50.99	402
403	2:43.99	200 Yard Freestyle	2:45.99	404
405	35.49	50 Yard Freestyle	35.49	406
407	41.99	50 Yard Backstroke	42.99	408
409	46.99	50 Yard Breaststroke	48.49	410
411	1:34.99	100 Yard Butterfly	1:34.99	412
413	1:19.99	100 Yard Freestyle	1:20.99	414
415	1:27.99	100 Yard Backstroke	1:29.99	416
417	1:37.99	100 Yard Breaststroke	1:39.99	418
419	40.99	50 Yard Butterfly	42.99	420
421	1:27.99	100 Yard Individual Medley	1:29.99	422
423	2:27.99	200 Yard Freestyle Relay	2:28.99	424



2020 PA YMCA West District Championships March 6-7, 2020

SESSION #4 - Pool 1 Saturday PM, March 7, 15 & Over

<u>GIRLS</u>		Event Description	<u>BOYS</u>	
Event #	Qualifying Time		Qualifying Time	Event #
301	2:18.49	200 Yard Medley Relay	2:15.49	302
303	2:10.49	200 Yard Freestyle	1:59.99	304
305	27.99	50 Yard Freestyle	24.99	306
307	1:08.99	100 Yard Backstroke	1:04.99	308
309	1:19.49	100 Yard Breaststroke	1:11.49	310
311	2:32.99	200 Yard Butterfly	2:24.99	312
313	59.99	100 Yard Freestyle	53.99	314
315	2:30.99	200 Yard Backstroke	2:18.99	316
317	2:54.49	200 Yard Breaststroke	2:37.99	318
319	1:07.99	100 Yard Butterfly	1:01.99	320
321	2:31.99	200 Yard Individual Medley	2:18.99	322
323	4:19.99	200 Yard Freestyle Relay	3:59.99	324

SESSION #5 - Pool 2 Saturday PM, March 7, 11-12

<u>GIRLS</u>		Event Description	<u>BOYS</u>	
Event #	Qualifying Time		Qualifying Time	Event #
501	2:25.99	200 Yard Medley Relay	2:31.99	502
503	2:25.49	200 Yard Freestyle	2:32.49	504
505	30.99	50 Yard Freestyle	31.99	506
507	36.49	50 Yard Backstroke	38.49	508
509	39.99	50 Yard Breaststroke	42.99	510
511	1:19.99	100 Yard Butterfly	1:18.99	512
513	1:07.49	100 Yard Freestyle	1:10.49	514
515	1:17.99	100 Yard Backstroke	1:17.99	516
517	1:24.99	100 Yard Breaststroke	1:27.99	518
519	34.49	50 Yard Butterfly	37.99	520
521	2:42.99	200 Yard Individual Medley	2:53.99	522
523	2:10.49	200 Yard Freestyle Relay	2:13.99	524



2020 PA YMCA West District Championships March 6-7, 2020

APPENDIX 3: YMCA SANCTIONED MEET DECLARATION FORM

Return signed Declaration forms to: 2020westdistricts@gmail.com

Participating YMCA: _____

YMCA Address: _____

Meet Name: 2020 PA YMCA WEST District Championship

Meet Date(s): March 6-7, 2020

Meet Host: Western PA YMCA Swim League / New Castle Community YMCA

Meet Location: SPIRE Institute Aquatic Center, 5201 Spire Circle, Geneva, OH 44041

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

COACHES - All coaches representing the YMCA above hold current certifications in BLS (Professional Rescuer CPR), First Aid, Safety Training for Swim Coaches, Child/Athlete Protection Training and Principles of YMCA Competitive Swimming and Diving and have completed the annual YMCA coach registration online.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the 2020 PA YMCA WEST District Championship for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the 2020 PA YMCA WEST District Championships.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, the New Castle Community YMCA, the WPYSL, their agents, representatives or assigns, and the SPIRE Institute for any and all injuries which may be suffered by participants at the 2020 PA YMCA WEST District Championships. Furthermore, we understand that the YMCA of the USA, the New Castle Community YMCA, the WPYSL and SPIRE Institute are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Printed Name and Signature of Head Coach

Printed Name and Signature of YMCA Executive Director or Designee



2020 PA YMCA West District Championships March 6-7, 2020

APPENDIX 4: ENTRY RECAP FORM

2020 PA YMCA WEST DISTRICT CHAMPIONSHIPS

Completed forms must be returned by 12:00 Noon - Monday, March 2nd, 2020
Email to: 2020westdistricts@gmail.com

Provide your preferred mailing address for receiving swimmer credentials:

TEAM:		
ATTN:		
ADDRESS:		
CITY:	STATE:	ZIP:
ENTRY CONTACT:		CELL #:
E-MAIL:		
COACH:		CELL #:
E-MAIL:		

SWIMMER CREDENTIALS

Complete number of athletes entered per age group. We must have these numbers!

Swimmer credentials will be sent to the address indicated above on Monday March 2, 2020.

Teams are responsible for distributing badges to their swimmers prior to arrival.

All athletes must show the proper session credential to be permitted on deck or enter the locker rooms.

10 & Under: _____ 13-14: _____
11-12: _____ 15 & Over: _____

ENTRY FEES

Number of Swimmers: _____	x \$5.00	\$ _____
Total Individual Events: _____	x \$6.00	\$ _____
Total Relays: _____	x \$24.00	\$ _____
TOTAL DUE:		\$ _____

Checks payable to: WPYSL DO NOT MAIL ENTRY PAYMENTS

Checks must be delivered to the Coaches Check-In prior to your first session of competition.

Number of Coaches attending: Friday _____ Saturday _____

This is the last page of the Meet Announcement